



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

Statistics Report 01042, Cheese, pasteurized process, American, fortified with vitamin D

Report Date: June 22, 2017 10:49 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water <sup>1</sup>	g	39.61	--	0.105	38.4	40.8	9.0	39.369	39.844	1	Analytical or derived from analytical	--	05/2011
Energy	kcal	366	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2012
Energy	kJ	1531	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2012
Protein <sup>1</sup>	g	18.13	--	0.128	16.3	21.5	9.0	17.842	18.422	1	Analytical or derived from analytical	--	05/2011
Total lipid (fat) <sup>1</sup>	g	30.71	--	0.055	29.8	31.2	9.0	30.582	30.831	1	Analytical or derived from analytical	--	07/2012
Ash <sup>1</sup>	g	6.78	--	0.124	4.59	7.46	8.0	6.491	7.065	1	Analytical or derived from analytical	--	05/2011
Carbohydrate, by difference	g	4.78	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2012
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Sugars, total <sup>1</sup>	g	2.26	--	0.092	1.22	4.83	2.0	1.82	2.705	1	Analytical or derived from analytical	--	05/2011
Sucrose <sup>1</sup>	g	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2011

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glucose (dextrose) <sup>1</sup>	g	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2011
Fructose <sup>1</sup>	g	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2011
Lactose <sup>1</sup>	g	2.15	--	0.092	1.15	4.67	2.0	1.711	2.596	1	Analytical or derived from analytical	--	05/2011
Maltose <sup>1</sup>	g	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2011
Galactose <sup>1</sup>	g	0.11	--	0.000	0.07	0.2	--	--	--	1	Analytical or derived from analytical	--	05/2011
<b>Minerals</b>													
Calcium, Ca <sup>1</sup>	mg	1045	--	34.600	479	1,390	16.0	971.629	1118.594	1	Analytical or derived from analytical	--	05/2011
Iron, Fe <sup>1</sup>	mg	0.63	--	0.027	0.13	1.03	15.0	0.571	0.688	1	Analytical or derived from analytical	--	05/2011
Magnesium, Mg <sup>1</sup>	mg	26	--	0.182	23	28	12.0	25.281	26.078	1	Analytical or derived from analytical	--	05/2011
Phosphorus, P <sup>1</sup>	mg	641	--	14.828	336	767	16.0	609.561	672.489	1	Analytical or derived from analytical	--	05/2011
Potassium, K <sup>1</sup>	mg	132	--	3.899	99	212	16.0	123.69	140.224	1	Analytical or derived from analytical	--	05/2011

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sodium, Na <sup>1</sup>	mg	1671	--	21.213	1,270	1,890	15.0	1626.181	1716.669	1	Analytical or derived from analytical	--	05/2011
Zinc, Zn <sup>1</sup>	mg	2.49	--	0.027	2.1	3.14	10.0	2.429	2.551	1	Analytical or derived from analytical	--	05/2011
Copper, Cu <sup>1</sup>	mg	0.046	--	0.005	0.03	0.13	9.0	0.036	0.057	1	Analytical or derived from analytical	--	05/2011
Manganese, Mn <sup>1</sup>	mg	0.041	--	0.001	0.02	0.07	16.0	0.038	0.044	1	Analytical or derived from analytical	--	05/2011
Selenium, Se <sup>1</sup>	µg	20.2	--	--	16.7	23.1	--	--	--	1	Analytical or derived from analytical	--	05/2011
Fluoride, F <sup>2</sup>	µg	35.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Thiamin <sup>1</sup>	mg	0.015	--	--	0.01	0.01	--	--	--	1	Analytical or derived from analytical	--	05/2011
Riboflavin <sup>1</sup>	mg	0.234	--	0.003	0.22	0.32	2.0	0.221	0.247	1	Analytical or derived from analytical	--	05/2011
Niacin <sup>1</sup>	mg	0.076	--	--	0.07	0.12	--	--	--	1	Analytical or derived from analytical	--	05/2011

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Pantothenic acid <sup>1</sup>	mg	0.403	--	--	0.4	0.43	--	--	--	1	Analytical or derived from analytical	--	05/2011
Vitamin B-6 <sup>1</sup>	mg	0.054	--	--	0.05	0.06	--	--	--	1	Analytical or derived from analytical	--	05/2011
Folate, total	µg	8	--	0.235	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	8	--	0.235	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
Folate, DFE	µg	8	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Choline, total <sup>1</sup>	mg	19.2	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2012
Betaine <sup>1</sup>	mg	2.7	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2012
Vitamin B-12 <sup>1</sup>	µg	1.50	--	0.030	1.2	1.6	2.0	1.369	1.623	1	Analytical or derived from analytical	--	05/2011
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	317	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2012

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Retinol <sup>1</sup>	µg	313	--	--	278	331	--	--	--	1	Analytical or derived from analytical	--	07/2012
Carotene, beta <sup>1</sup>	µg	49	--	--	0	78	--	--	--	1	Analytical or derived from analytical	--	07/2012
Carotene, alpha <sup>1</sup>	µg	0	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2012
Cryptoxanthin, beta <sup>1</sup>	µg	7	--	--	0	11	--	--	--	1	Analytical or derived from analytical	--	07/2012
Vitamin A, IU	IU	1131	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2012
Lycopene <sup>1</sup>	µg	0	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2012
Lutein + zeaxanthin <sup>1</sup>	µg	21	--	--	9	28	--	--	--	1	Analytical or derived from analytical	--	07/2012
Vitamin E (alpha-tocopherol) <sup>1</sup>	mg	0.80	--	--	0.78	0.8	--	--	--	1	Analytical or derived from analytical	--	05/2011
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Tocopherol, beta <sup>1</sup>	mg	0.00	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2011

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tocopherol, gamma <a href="#">1</a>	mg	0.13	--	--	0.13	0.14	--	--	--	1	Analytical or derived from analytical	--	05/2011
Tocopherol, delta <a href="#">1</a>	mg	0.04	--	--	0.04	0.04	--	--	--	1	Analytical or derived from analytical	--	05/2011
Vitamin D (D2 + D3)	µg	7.5	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Vitamin D2 (ergocalciferol) <a href="#">1</a>	µg	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Vitamin D3 (cholecalciferol) <a href="#">1</a>	µg	7.5	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Vitamin D <a href="#">1</a>	IU	301	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Vitamin K (phylloquinone) <a href="#">1</a>	µg	3.7	--	--	2.5	3.9	--	--	--	1	Analytical or derived from analytical	--	07/2012
<b>Lipids</b>													
Fatty acids, total saturated	g	18.057	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
4:0 <a href="#">1</a>	g	0.615	--	0.012	0.59	0.63	2.0	0.557	0.673	1	Analytical or derived from analytical	--	05/2011
6:0 <a href="#">1</a>	g	0.509	--	0.004	0.5	0.52	1.0	0.454	0.564	1	Analytical or derived from analytical	--	05/2011

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
8:0 <a href="#">1</a>	g	0.332	--	0.004	0.33	0.35	2.0	0.313	0.351	1	Analytical or derived from analytical	--	05/2011
10:0 <a href="#">1</a>	g	0.802	--	0.006	0.78	0.81	2.0	0.777	0.827	1	Analytical or derived from analytical	--	05/2011
12:0 <a href="#">1</a>	g	0.884	--	0.013	0.83	0.91	1.0	0.783	0.985	1	Analytical or derived from analytical	--	05/2011
14:0 <a href="#">1</a>	g	2.937	--	0.027	2.84	2.98	2.0	2.818	3.056	1	Analytical or derived from analytical	--	05/2011
15:0 <a href="#">1</a>	g	0.311	--	0.002	0.31	0.31	1.0	0.296	0.326	1	Analytical or derived from analytical	--	05/2011
16:0 <a href="#">1</a>	g	8.161	--	0.081	8.04	8.3	1.0	7.148	9.173	1	Analytical or derived from analytical	--	05/2011
17:0 <a href="#">1</a>	g	0.190	--	0.000	0.19	0.19	--	--	--	1	Analytical or derived from analytical	--	05/2011
18:0 <a href="#">1</a>	g	3.222	--	0.056	3	3.42	1.0	2.672	3.772	1	Analytical or derived from analytical	--	05/2011
20:0 <a href="#">1</a>	g	0.047	--	0.002	0.03	0.06	1.0	0.019	0.074	1	Analytical or derived from analytical	--	05/2011
22:0 <a href="#">1</a>	g	0.021	--	0.001	0.02	0.02	2.0	0.018	0.023	1	Analytical or derived from analytical	--	05/2011

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
24:0 <sup>1</sup>	g	0.009	--	0.000	0.01	0.01	1.0	0.007	0.011	1	Analytical or derived from analytical	--	05/2011
Fatty acids, total monounsaturated	g	8.236	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
14:1 <sup>1</sup>	g	0.245	--	0.005	0.22	0.25	1.0	0.211	0.278	1	Analytical or derived from analytical	--	05/2011
15:1 <sup>1</sup>	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2011
16:1 undifferentiated <sup>1</sup>	g	0.500	--	0.014	0.48	0.52	1.0	0.382	0.618	1	Analytical or derived from analytical	--	05/2011
16:1 c <sup>1</sup>	g	0.394	--	0.014	0.37	0.42	1.0	0.272	0.517	1	Analytical or derived from analytical	--	05/2011
16:1 t <sup>1</sup>	g	0.106	--	0.000	0.1	0.11	1.0	0.102	0.11	1	Analytical or derived from analytical	--	05/2011
17:1 <sup>1</sup>	g	0.061	--	0.001	0.06	0.06	2.0	0.057	0.065	1	Analytical or derived from analytical	--	05/2011
18:1 undifferentiated <sup>1</sup>	g	7.204	--	0.046	7.01	7.39	1.0	6.624	7.784	1	Analytical or derived from analytical	--	05/2011
18:1 c <sup>1</sup>	g	6.360	--	0.047	6.21	6.53	1.0	5.823	6.897	1	Analytical or derived from analytical	--	05/2011

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:1 t <sup>1</sup>	g	0.844	--	0.005	0.8	0.89	1.0	0.779	0.909	1	Analytical or derived from analytical	--	05/2011
20:1 <sup>1</sup>	g	0.224	--	0.006	0.2	0.24	2.0	0.195	0.254	1	Analytical or derived from analytical	--	05/2011
22:1 undifferentiated <sup>1</sup>	g	0.001	--	0.001	0	0	1.0	-0.007	0.01	1	Analytical or derived from analytical	--	05/2011
22:1 c <sup>1</sup>	g	0.001	--	0.001	0	0	1.0	-0.011	0.013	1	Analytical or derived from analytical	--	05/2011
22:1 t <sup>1</sup>	g	0.000	--	0.000	0	0	1.0	-0.003	0.004	1	Analytical or derived from analytical	--	05/2011
24:1 c <sup>1</sup>	g	0.001	--	0.001	0	0	2.0	-0.003	0.005	1	Analytical or derived from analytical	--	05/2011
Fatty acids, total polyunsaturated	g	1.286	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
18:2 undifferentiated <sup>1</sup>	g	1.003	--	0.022	0.96	1.11	1.0	0.846	1.16	1	Analytical or derived from analytical	--	05/2011
18:2 n-6 c,c <sup>1</sup>	g	0.790	--	0.016	0.76	0.88	1.0	0.668	0.913	1	Analytical or derived from analytical	--	05/2011
18:2 CLAs <sup>1</sup>	g	0.018	--	0.001	0.01	0.02	1.0	0.013	0.024	1	Analytical or derived from analytical	--	05/2011

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:2 t not further defined <sup>1</sup>	g	0.194	--	0.006	0.18	0.24	1.0	0.147	0.242	1	Analytical or derived from analytical	--	05/2011
18:3 undifferentiated <sup>1</sup>	g	0.138	--	0.003	0.13	0.16	1.0	0.095	0.18	1	Analytical or derived from analytical	--	05/2011
18:3 n-3 c,c,c (ALA) <sup>1</sup>	g	0.137	--	0.003	0.13	0.16	1.0	0.094	0.179	1	Analytical or derived from analytical	--	05/2011
18:3 n-6 c,c,c <sup>1</sup>	g	0.001	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2011
18:4 <sup>1</sup>	g	0.007	--	0.000	0.01	0.01	1.0	0.005	0.01	1	Analytical or derived from analytical	--	05/2011
20:2 n-6 c,c <sup>1</sup>	g	0.009	--	0.000	0.01	0.01	1.0	0.006	0.011	1	Analytical or derived from analytical	--	05/2011
20:3 undifferentiated <sup>1</sup>	g	0.034	--	0.001	0.03	0.04	1.0	0.023	0.046	1	Analytical or derived from analytical	--	05/2011
20:3 n-6 <sup>1</sup>	g	0.033	--	0.001	0.03	0.04	1.0	0.02	0.047	1	Analytical or derived from analytical	--	05/2011
20:4 undifferentiated <sup>1</sup>	g	0.045	--	0.001	0.04	0.05	2.0	0.04	0.051	1	Analytical or derived from analytical	--	05/2011
20:5 n-3 (EPA) <sup>1</sup>	g	0.012	--	0.001	0.01	0.01	2.0	0.009	0.014	1	Analytical or derived from analytical	--	05/2011

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:4 <sup>1</sup>	g	0.008	--	0.000	0.01	0.01	1.0	0.004	0.012	1	Analytical or derived from analytical	--	05/2011
22:5 n-3 (DPA) <sup>1</sup>	g	0.021	--	0.001	0.02	0.02	2.0	0.018	0.023	1	Analytical or derived from analytical	--	05/2011
22:6 n-3 (DHA) <sup>1</sup>	g	0.006	--	0.001	0	0.01	1.0	-0.007	0.019	1	Analytical or derived from analytical	--	05/2011
Fatty acids, total trans	g	1.144	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Fatty acids, total trans-monoenoic	g	0.950	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Cholesterol <sup>1</sup>	mg	100	--	--	92	103	--	--	--	1	Analytical or derived from analytical	--	05/2011
<b>Amino Acids</b>													
Tryptophan <sup>3 4 5 6</sup>	g	0.232	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Threonine <sup>3 4 5 6</sup>	g	0.772	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Isoleucine <sup>3 4 5 6</sup>	g	0.938	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Leucine <sup>3 4 5 6</sup>	g	1.716	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Lysine <sup>3 4 5 6</sup>	g	1.516	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Methionine <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a>	g	0.475	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Cystine <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a>	g	0.110	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Phenylalanine <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a>	g	0.939	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Tyrosine <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a>	g	0.916	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Valine <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a>	g	1.187	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Arginine <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a>	g	0.518	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Histidine <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a>	g	0.546	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Alanine <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a>	g	0.613	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Aspartic acid <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a>	g	1.551	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Glutamic acid <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a>	g	4.073	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glycine <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a>	g	0.359	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Proline <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a>	g	1.788	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Serine <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a>	g	1.093	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003

#### Sources of Data

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 15e, 2011 Beltsville MD

<sup>2</sup>Robert Ophaug Fluoride, Unpublished - Ophaug, Microdiffusion

<sup>3</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 11a, 2007 Beltsville MD

<sup>4</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 11b, 2007 Beltsville MD

<sup>5</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 11c, 2007 Beltsville MD

<sup>6</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 11d, 2007 Beltsville MD